

Interviewee:	LMP-S12	English
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Interviewer:	Michael Owen Jones	
Transcriber:	Josué Dominguez	

[Microphone too close]

S12: ...Basically, some of the plants I gave you are very small, the alcanfor, is a camphor compound from, camphor can be used in a steamer to help people suffering from colds or bronchial asthma, to help them breathe easier, it's a very root also to keep in...when the people are sick for the same reason and it makes congested chest it uses up a lot and you don't have to go two weeks to get the camphor itself, you know the tablet that you get commercially.

MJ: So you use the leaf?

S12: yes.

MJ: how do you prepare it?

S12: You boil water, heavy boil, drop the leaf there and you can either put a towel over the container and over your head and breathe in or you can just put it in the room and let infusion in the air, the vapor of the water get infused with the camphor and then take away the room?, that's basically what you do with it.

MJ: how often do you have to...?

S12: It depends, because people, they go and buy the camphor tablet because they last longer and then all you have to do is change them very constantly, with the leaves, the ones that get cold, you have to go back again...a new leaf, because once you boil the leaf and releases all the oils and stuff and it's. . . you can't use it again so people now in days use the commercial tablet because it's easier to use, in any kind of preparation but in places where you don't have the luxury of getting the camphor that is good alternative, so that's...I have a camphor tree and I use it when I prepare compounds or soap as well, I just grind it and take castile soap and...it's the best soap to use because it has no chemicals and is very pure and you boil it and you liquefy it and then we grind the leaves...real fine and add it to the soap or we can grind it to extract the liquid and then added to the soap itself and then we would shape the soap, let it dry and then people can use it for bathing and for different things.

MJ: How do you reshape it?

S12: With soap, once they get hard, if you take a bar of soap and you boil it, heat it becomes the consistency of soft cheese and the more you boil it the more liquid it becomes and you just liquefy...so after we are done heating we have to just let it cool down.

MJ: And then just cut it...

S12: Cut it into blocks or you can shape it in balls or whichever is easier for the person and then that's what you use, so usually many of the plants that we have here we can even use it as infusions or as tea, if they are edible leaves you can take it, or you can dry them up and use it in teas, sometimes you can burn them as incense because sometimes these leaves they are very potent so you can burn and the aroma it release and the chemicals it releases is very effective, it depends on what you want to do or what you want to alleviate.

MJ: Why would you put camphor in soap?

S12: Well people might want to use it for aches, you know, people who have muscle aches and stuff like that, might want to bathe with it and when lather with soap you get a massage, they might use it and at the same time it is a good way of getting two things done at once, you basically get a massage with hot water, especially with people who don't have the luxury of a tub, because if they live in small apartments they don't have a tub, they have one of those little convenient type of showers, you know stalls, then you cant take a tub bath or usually the soap solves the problem, instead of immersing the person in a tub that they don't have, then you can use the soap in hot water and then that will do the trick. So, basically the advantage of the plants is that they can really...they lend themselves to all kinds of stuff, you can dry them you can cut them fresh, now the winter is approaching, we are getting ready for the second cutting, so, I, we are lucky here that we have a basement, so we cut them and we hang them in the basement so they dry, the air is very dry, very airy and we dry them there so when we need them, we just bring the back once or twice and then we package them and that's what we use the winter season.

MJ: How do you package them?

S12: Usually that is Bertha's job, what she does is she cuts them in small pieces and then she uses zip lock bags, which are just are wonderful, in order to prevent mildew and for it to grow back then you take a pen and you make a bunch of holes in the back and that prevents humidity because this herb has been dried with all chlorophyll so if you lock him you going to' get heated so if you make a bunch of wholes in the zip lock, then you not develop mildew and you keep them fresh, and if you need to do a tea, infusion, if you need to do a bath or whatever, as soon as you put them in water they dehydrate and you get a fresh root again.

Basically in the winter, all the leaves, we cut them and then we keep them like that, in spiritual uses in Santería, in the Lucumí tradition, you don't need dry leaves, you have to use fresh leaves, and that is one of the big problems, you have to have fresh, there is no way you can use dry leaves for ceremonial purposes so that creates a problem because many times people will order the leaves either from the Caribbean or mostly from Miami, which is the main supplier of fresh herbs to the south land and if you have a wholesaler here in California, you have a very good supplier of fresh leaves year round, sometimes you can't do anything about it or you can just take a stroll down the street or you drive around and you know where your plants are, you are always canvassing the town, because it's the only way that you can know that if you don't have it you know where it is at, so you just take a little drive or a little walk and you know whose got what and you just go cut it, so, in the case of Papaya it's a very good for digestion, for people with

digestion problems, people that we call with lazy stomach, people who take a long time digest food, usually we recommend them to eat a lot of Papaya fruit, because it helps the digestion also, we have some of the leaves and the stem of the leaves I use also in infusion also for digestive ailments and to aid in bleeding ulcers so that is very easy to all around, also in ritual ceremonies also it's part of the omiero, OK...

MJ: That's the leaf?

S12: The leaf only the leaf. In the case of orozún or lantana in English I think is the name, is very good, it's very. . . helps to relax people that are very nervous and that suffer from nervousness, very good also for stomach problems for indigestion, colic's in babies, all kinds of stomach problems take an infusion is a very good plant, very sweet, that is why one of its common names is 'sweet herb' (yerba dulce), for obvious reasons, it's sweet herb and you just touch it and it releases a very sweet aroma, a very popular plant in the Caribbean.

MJ: How do you spell the term for sweet herb?

S12: Orozún?

MJ: No, not that, you had another term.

S12: Y-E-R-B-A, which means herb and then D-U-L-C-E, means sweet.

MJ: And how do you prepare that?

S12: That is one of the easiest herb to prescribe, because you can eat straight from the plant, because it's absolutely sweet, it's absolutely delicious like eating a candy, so you can go and eat the plant, you can boil it, you can get infusion, you can do a tea, you can dry it and use it and add it to hot beverages, you can do almost anything, that's the only herb that people really take and don't do any type of protest because it's so sweet it's just like eating candy so you know, that one you have no problem, most of them have a strange or different flavor, kind of odd type of taste and people just complain, and this one you don't have any problems, you boil it and you have the added bonus that it makes the air so fragrant that it feels like you just burned incense in your house, it's absolutely fragrant, so the whole house is infused with a sweet aroma, so that is another bonus, dry or fresh it does not matter this herb is very aromatic, very good, it's one of my favorite.

MJ: It's a relaxant, when did you take it and how frequently?

S12: Well, people that have for example sleep problems due to nervousness, people who are preoccupied, people that have some kind of...nerves keep acting up, they get very, very, nervous, hyperactive, they get really, really, problems concentrating, then usually you can use it as a tea.

MJ: How often? What time of day?

S12: Usually, I personally like to prescribe it twice a day, in the morning and in the night before they go to bed after dinner. . . eat anything else, so if your really tired I usually

prescribe it, in severe cases I would just say drink it like common water, just boil it and every time you are thirsty you grab a glass of water and that will help a lot.

The same thing with, you have for example mint, which is also very good with warm milk, also for people with sleep problems, it helps people and that's a very old remedy, everyone knows that one, people with sleeping problems or people that sleep but do not rest, usually take warm milk, infused with mint and then take it before going to bed and it's used as a relaxant, I sometimes will add 'sweet herb' (yerba dulce) just to have a double whammy right there, so usually use it in conjunction both of them, it works fine, I've seen that it works very fine and this is a very common problem, sleeplessness, people who can not...

It's a very common problem, many of the people that come here for consultation, one of the main things, two of the main things, well three main problems, Stomach problems due to dietary changes, Sleeping disorders due to change in the environment or something, not able to find jobs all kinds of relocation problems, these people are losing sleep over great problems, there is also marital problems due to impotence, in female with lack of interest in intimate relationships, that's many of the problems that I see here, in many areas the problems change, in Los Angeles those are the most I treat, depending on the status of the community the problems change, but these are the ones that stand out.

More people who come here are usually the very same problems and complications stemming from that because they don't have rest usually it escalates into marital relations problems and it keeps going and complicating, before you know you might have a patient complaining about a lot of problems and when you get to the root of it those are just a reflection of the main problem which is the lack of rest, so once you treat the lack of rest the lack of relaxation, there is other problems, they start getting milder until they might disappear, they might escalate to more acute like ulcers, like bleeding ulcers like problems, family problems, relations, lack of concentration, usually you have to treat is before it branches you have to get rid of it, you have to really get rid of it and most of the time it's that, people just seem to adapt their environment to change but that's not the truth, it's a trade-off; you change one thing for the other so you have a problem with language, a problem with documentation, with trying to make ends meet, with keeping the values of the family, the way that used to or the way that you know your family should be managed and people feel that they are losing control over that, their children are just going one way when they feel they should be going another way, in children you value education because that's what you've been told, that education is the key to everything, then also your children are. . . and on and on.

You know you have an all out war in the house that is just, many people might say, my opinion to say so but that only here is basically that there is not good communication and people don't know what is happening, they know that they are in this great land but they don't know why how come, before they were this situation but their family life was better, know they are bad situation and family life sucks (laughter) Many times I start usually, the lady that has come for the reading I will send for the husband and before I know it I have the whole family sitting here. So, before you know everything boils down to you know, 'since we came over' that's usually the way it starts and then that's how it starts and, 'when we were in our town this is the way it is and now this is the way it is' so you know there is a trade-off, so many times plants will just treat symptoms that normally

people would attribute to jealousy, envy, sorcery, the famous bad luck, the evil eye. And when you look into it, my mother would say that 'common sense is the least common of the senses,' when you look into it, you know that the famous bad luck is just, number 1: you not relaxed you are so preoccupied of what is happening in your house that you do a sloppy job and you get fired, so you change that and you get a person more relaxed and more, in a better mood and a better disposition and all of a sudden the person is more comfortable she can find job, you know, there is all kind of thing, they just get re-labeled and many times you have to deal with that, you have to deal with re-label.

And also with the medical and then in that with the conditions that are created due to the fact that they feel that someone has cast the evil out of you, well you have to deal with that and get you out of that mode and at the same time say we are going to do this and at that same time you have to deal with that evil eye that has been cast on you which is, when you been eating you just having all this kind of problems, you know, you are not receptive to your partner, you're not this you're not that, and before you know this marriage is about to get a divorce or a separation is already on the way. It sounds easy but it's not because you have to talk and talk, a consultation session can last one to one and half hour and it can take two or three sessions and most of the time you just listen, you must listen, so it's not that easy to keep a consultation just short. You know when you start but you know when you finish, because sometimes you have to have your way and be ???? your point, if you have that no. But at the same time you have to listen to what...they come already with a diagnosis, 'I'm here because I have bad luck and I think that my neighbor did it' and you know, sometimes you have to become a peace officer, you have to say, 'look you can't blame your neighbor' because if you just keep adding fuel to the fire you can have a tragedy. So you become, as they call them, a confidant, you become everything and sometimes a consultation can last a couple of hours over several days before you get where you want to go. And that's what you have, many people don't have the luxury to pay 2 or 3 hundred dollars for an hour and is like, you get two hundred dollars worth of time for 25 dollars, that's the way it is and that is the way my mother, that's the way I learned to do it.

MJ: Back to the Papaya, for bleeding ulcers, is it the fruit that is taken?

S12: No, the leaf and the stalk, you have to make an infusion, you don't boil, you use an infusion.

MJ: How do you prepare an infusion?

S12: You boil the water, you put the leaf in, you pour the hot water and then let it stay for a long time, you boil the water over fire and then you add to the concoction.

MJ: And then just let leaf set in for a long time?

S12: No, for a couple minutes, because it's a very powerful plant so the longer you leave it the stronger it becomes and you don't want to blast it because in that case the remedy would be worse than the disease so an infusion is only a milder preparation that we have, you just boil the water, really rapidly, you added you leave it like a minute or so, take the leaf out and that's what you drink.

MJ: If someone has ulcers how frequently...?

S12: I would say to take it about twice a week just to see how it is, because you don't want to mess too much with it and what this does, alone for example like, Brazil Bark, it's a bark along with aloe vera these are plants that create like a coating, it doesn't do anything to the ulcer itself, it creates like a coating so when the patient eat the stomach wont digest itself, so the coating allows the person to eat without the ulcer being upset by the stomach, it's a coating that you are looking for, your not dealing with the ulcer itself, it's like when you have a wound on a healing area, you try to keep dry so it can heal faster, because if it remains humid it is going to take a long time, and chances are that it's going to get bigger, so you want to create covering to keep it dry and to keep the stomach from injuring further.

MJ: Have you ever used Brazil bark yourself?

S12: Oh no...

MJ: Was it fresh or dried or powdered?

S12: The Brazil Bark is a bark, a piece of tree, it's a reddish wood it's got the countries name, Brazil, and it's very popular and it's used also as a purifier of the blood it directly, not only to cover the stomach but also go straight to the liver and it's also used also to treat problems of the liver, so that you steep it in distilled water, well here you have the luxury of getting distilled water at 99 cents a gallon, you can get it anywhere, in...

When I was in Puerto Rico we had to find the well, the idea is to get the purest water you can get, so usually you find well water, but here you can get a gallon of distilled for 99 cents, purified water, and then you put it these in for 24 hours and gets an orange color to the water and you drink it as common water, it tastes like nothing, the color is what is different. And you drink it as common water and it helps also with liver problems, its very good for liver problems, I have been seeing good improvement in people with liver, kidney stones and of course the problem with the plant is that people say, 'oh well...' the disadvantage that we have, with established medicine is that, you take a medication and you get the body saturated in no time, you take a plant and you have to saturate the body, usually in a long period of time, and then you have to keep that level up, so it's takes a little longer and people who don't have the time for that will go and get their drugs.

What we get is usually people who don't have the big money to buy the big drugs and usually they start here, I get them after they've been to the doctor, I just don't try to tell them, don't go to the doctor stop taking your medicine. Because plants will hardly interact with medicine, but usually people come here after they say that they cant buy this medication and I have this problem, I cant afford to buy 50 dollars a pill, or 10 dollars a pill, because if I do that I cant pay rent, if I don't pay rent then you know...it escalates. All the times we both tried diagnosis and gone to the doctor and they haven't found any type of relief and the problem is, again I called my mother, because she was my first teacher, she would say, 'machines vs. spirits' and here reasoning was that the doctor could be a very good doctor and she was a firm believer in doctors but she would see her practice as removing all the imponderables that the machines will not see, you know like the spirit as she'd call it, removing the anxiety, removing the restlessness, removing all

that can prevent a good diagnosis from the doctor, so she never saw her practice. . . .
Neither do I, I do not see my practice as being against medicine.

We actually have a case here of a boy with a brain tumor and the kid is brought to me because he's been diagnosed with this brain tumor and regardless of the medication, the tumor kept growing, they found their way to me through another client, and we started to work with the kid, with the father and mother, and finally after herbal remedies and some ceremonies that we did the kid was taken back to doctor, they did scans and stuff like that and they showed that the tumor is not only reduced but moving. So kids back in school and his grades are improving and they don't have to operate, really, really scared, the doctor would not be really to happy about operating because of the location of the tumor, the tumor is moving, see in that sense when I finish my treatment I send them back to the doctors, because we don't have X-ray machines (laughter), you send them back to see what they can find, so that is usually that many herbalist and healers will take, I say the majority, there is not a war from this end against the other, we just don't see ourselves as doctors, we are not doctors, we are just herbalists and we use herbs and again, I appropriated my mother's motto, "machines vs. spirit"

MJ: So, how did you treat this brain tumor?

S12: I started a combination of herbs with him, first, to take and then also to apply in poultices over the head. Poultices are great, tend to pull things, and you know you apply those poultices, he was an 11-year old kid then, he's 12 now, and poultices tend to pull things that are deep inside so if you ask me, the idea of a tumor is moving, I attribute it to the poultices because the idea of the poultices is to pull things from where ever they are, it's like pulling a plant from the ground but slowly, you pull shake and pull and shake until you get the whole plant and all the roots clear with no dirt, which is different from just yanking it off the ground and leaving a big hole, so, and they brought me the x-rays and I did not know what to look at and the doctor even marked the tumor, I didn't see anything, but anyways, they say it moved and I'm taking it at face value, but I think that it was the poultices pulling the brain tumor, the kid is in school in middle school, he is 12 years old now and his grades are up and he's able to return to school now.

MJ: But what plants? What where some of the plants you used, for teas...?

S12: Teas we used for example one of the main ones that I used was aloe vera, a combination of aloe vera and llantén, in English plantain, that was a combination of regular water. In poultices I use strong plants that are not taken, as they're just used for ritual purposes. It's a combination that is particularly specific Osain, for example we call it, Aberikunlo, A-B-E-R-I-K-U-N-L-O it's a very strong plant and it yields a very dark liquid and applicators of poultice is used also to pull tumors or how do you call, sores in the skin, so...

MJ: How do you extract that liquid?

S12: You don't, you have to really macerate it, and then you add in that case to aid the skin to be more receptive, after you macerate it you grind camphor and then you mix it and then you apply it with a towel, what the camphor does, it that it allows the pores of the skin to open better and the liquid to go in.

MJ: When you say macerate, how do you macerate?

S12: Pestle and mortar.

MJ: And you are macerating a leaf?

S12: Yeah. The whole thing, the whole plant.

MJ: The stem?

S12: The stem, the leaf, and then you just grind it and steep it a little bit with camphor and if there is not enough liquid you add a bit of rum, so the alcohol will help the plant release, so the camphor is basically to help the skin to open the pores in the skin, you apply that 2 or 3 times a day, in this case we applied it for almost a week and then of course the regular ritual proceedings and ceremonies and castings and prayers that were done in the shrine, it was a combination of things...

MJ: In regards to the aloe vera, you use leaves?

S12: Aloe vera you use the crystal pulp inside the leaf, when you cut open the aloe vera it has like a jelly, a gelatin type of pulp inside the leaf, it's very thick...

MJ: How do you extract that from the leaf?

S12: That's very easy you take...I show you.

MJ: OK let's stop and show me here.

TAPE STOPS AND RESTARTS

MJ: What's that?

S12: Aberikunlo, the one I use for the poultices, this is it, it grows in water, there is a pond back there. And these are the flowers, when they dry up it's very invasive, it's just that I use it so much that it doesn't take over, but it's very invasive, once you grow a little plant you won't get rid of what you have there, there at the front in the back, there is another one coming up, see it's invasive.

You take the leaf of aloe vera when you cut you never cut to the root because you don't want to damage the plant so you cut up, you cut from the top, you try to leave...see you don't damage the heart of the plant, so this is what you use, this gelatin like substance and this is how you do it...touch it...if you touch it, it's very soft and this liquid is what is very good for burnings, for burns, for scars, people will use it when they have big burns or scars and just apply it straight like that, but in the case that you are going to drink it, which is very bitter and thank god this is America so you get it already processed and doesn't taste like anything, but from the plant it's bitter...you open here and you take a knife...it's not going in...and you open like a little jacket, see, you go in with the knife like this...this is what you want, this substance, you can blend it with juice, people just

eat it like that, you apply, I mean this one...this...everyone knows aloe vera, there is nothing aloe vera can not cure...this gelatinous substance here is what you need...this is it right there...

MJ: How do you prepare it?

S12: Well, if you don't want to buy it already product, you can cut it, you can blend it, usually when I give it like that I tell people to take it with oranges because it tastes very bad, it's slimy, it's not the best thing to enjoy when...you know what I mean, it's bad tasting, you can cut it blend it and boil it, you can add it to almost any type of preparation you want, you can add it to soap, to oils, or for skin problems, apply to like...this, it creates a very good cover for scars and burns and stuff like that, so when you take it for stomach ulcers, this is what it does see...see how it creates this film, that's what it does to the stomach, so by (treating?) This over what ever you have inside, you know, it doesn't allow any type of humidity or acid to into what ever, so that's why you take it, and this leaf will last fresh like this for 3 or 4 days.

MJ: You put it in the refrigerator?

S12: Yes....

TAPE STOPS AND STARTS

S12: It's popular all over and besides it's medicinal purposes, I think one of the great things about aloe vera is the fact that so many products say aloe vera, it is used in cosmetics and stuff like that and besides that...in the Mexican, Mexican-American community, aloe vera has also magical properties, so it's hanged on the door to attract clientele and to ward off the evil eye. So besides all these properties it also has supernatural properties, can't go wrong with it, it's great, but right now you can get it, you know, in juice form, 99% pure, you can get the gel already processed and the nasty taste taken out and it's not that expensive and if you don't want to go that way, because it's really problematic then you grow your own plant, it grows fast, in a couple of...you cut the leaves and the leaves are very useful and you use it completely, you can have a couple of plants very easy, so it does not cost that much to grow. So it's very good.

MJ: OK, next one.

S12: Bergamot is a very...it's an herb, you can use it to freshen stale air, especially in rooms that people are sick. And this is very easy to do, you can use it again as an infuser and let the vapor just go up, let it just infuse room and it will just freshen the air, it will clear the air and that's what it's mostly used for, what I use it for, when people are sick, people tend, unfortunately to lock the room and sometimes that looking of the room does more harm than good, because once in awhile you have to and you know OK, sometimes you can't leave the room open but once in a while you have to open the room to allow circulation, so when people don't do that, instead of fighting them and trying to convince them to open the windows you just give them bergamot to boil. And you don't have to fight, because in the end people are going to do whatever they want, so you tell them, open the window and they say, 'yeah, yeah' and they don't so since you know that then

it's easier to say get bergamot put it in hot water in the room and watch and that's it you don't have to fight over it...

MJ: So just put the leaves in a pan and pour boiling water over it?

S12: And it will just go up.

MJ: Just leave the leaves there?

S12: yes, and it will just freshen stale air. And vicaria Cuba which is this one we have here "la playera", that we have here is the flower that you use, for eyesight problems, I have used it very effectively that have lost or almost their eyesight due to diabetes and basically what you do is boil the flower or just keep it in water some time or just wash your eyes with it, I don't know how it works, I just know that it works, I have a couple of people that used it with great success, two people that plain lost their eyesight, they were in the advanced process of losing their eyesight and I sent them these flowers and ?? The other one had a growth in his eye and he was diabetic and he could not get...the doctor could not operate because of that growth, of the diabetes, so I...the son came over and I gave him the flower, he said that it hit him all the way to the heart, when he wash his eyes, in three days the growth started to diminish and he got his operation and he's driving again...so, I don't know...

MJ: How many times a day did they do that?

S12: I send him for a week to wash twice a day, morning and night and you know...this is it, and in this case, this plant flowers all year so that's good.

MJ: And how do you spell the name of it?

S12: P-L-A-Y-E-R-A, in Cuba its called vicaria.

MJ: A while ago you said kidney problems or liver problems and kidney stones for Brazil Bark, what do you mean by liver problems, what is a liver problems?

S12: People tend to complain about problems with the liver, problems with they're getting a hard liver, whatever that is, we need that the liver be a soft organ and it's starting to harden, so apparently, traditionally, Brazil Bark has been used for that, to stop or reduce that process, in that case you have to take it permanently, you can not stop taking it, this is going to be your water from now on, that's what you drink. In that case of the liver for kidney stones and stuff like that, it helps to break them and dissolve them, and again it takes a long time to dissolve them but you have to drink that as regular water and that helps...Brazil wood purify your kidney, so...

MJ: All right, so the next one.

S12: OK, Mint, for insomnia, I told you already about mint with sweet herb makes for insomnia, it's very good, also for colics for babies, very mild, very, very mild plant, usually people take it as a way of, as a sedative, very good, you can add it almost to any kind of preparation, it's what we call an all around herb in the sense that you can added

and you can mix it with whatever herb you mix it, it will bring it's goodness, in Spanish the name is more giving, in English it's called mint, in Spanish it's called yerba buena, the good herb. So, the name gives it away, you can added to meat preparations, you can added to tea, you can added to milk, you can added to almost anything you drink, and it will bring this sedative effect, this relaxing effect, it puts you in a good mood, that's why it's called yerba buena (good herb) because it's very good. Mixed with meat it helps with the fat content and it's good, meatball with mint are just a killer, they are so good.

Usually for insomnia and colics in babies, you warm it very slowly and gently with milk, you don't boil it you bring the temperature up slowly with milk, you don't boil it, you heat the milk until the heat of the milk starts releasing, because you don't want to boil it

And the lemon verbena, is another herb that has the ability to help regulate the body temperature, it has this uncanny ability of lowering the body temperature in such a way that you just drink it and it satisfies your thirst, I would say sometimes better than water because when you drink it, it not only satisfies your thirst at the same time you bury the axe to it, like bringing the temperature [up?] and sweating all over and sometimes people...one of the main problems people have when they work especially outside is that, out of the sun they come to the shade and they develop cold, asthma attacks, and stuff like that, that sharp change of temperature, and of course you are under 90 degree sun you want shade, sometimes the shade doesn't do anything because it is 90 in the sun and 89 in the shade but at least you get to be in the shade, it depends also on the tree, some tree shade is very cold, so people get under the tree and that sharp change is just terrible, it's just very bad, especially if you are asthmatic as I am, you know you have to be very careful, citric shade is very cold, the shadow from orange and all the citric trees are very cold, the shade of the mango is very cold, plantain shadow is very cold, cold meaning that it lowers your temperature drastically, in contrast to other trees the shade is just shade and it's still warm, the cold from the shade can trigger head cold, chest cold, cold, asthma attack, this plant will help you regulate that, you drink it and brings your temperature and you don't have to run from the shade that fast, if you mix it with orozún, it will not only cool down but it will relax you as well, it's a very good combination, you had it before...

MJ: Great, cooled immediately almost

S12: Yeah it's amazing.

MJ: How much of it would you take and how often?

S12: In the summer we always had a jar, what I do to make it more interesting is that I'll add tea, just a little bag of tea and gives it nice color and looks cool, so every time we go by the fridge we just drink a glass, we are out of control with that, because it doesn't do anything it just cools you down, we drink almost all day, I've taken it to picnics and peoples houses and it has become the staple, people expect us to bring that, especially for those that don't drink, because usually the drink of choice is beer...

MJ: You are talking about these cold shadow, this one here is telling us about going from really hot to cold or a woman is ironing and that causes some pain in the lower back...

S12: Spasms, not only that from the air conditioning in your car to the hot outside, which is usually one of the biggest one, women who do ironing, know better, they won't get into that mess, but sometimes the weather is such that you go in your car and you jack up your air conditioning, you're driving ½ hour to an hour in your car, you got to where you want to get and bingo, or the other way around, you hanging out and it's hot and you go in your car and you all of a sudden have a blast of cold air that chills the space around you and then you have muscle spasms, you have colds, you have all kinds of problems, headaches, what they used to say is that the cold gets so cold so fast that it just retracts suddenly and you get this dizziness, you know it just contracts and that's it and you get dizzy, so there is this whole idea of hot and cold, not only in situation with cold shadows but you have also plants and remedies that you do, so this idea of hot and cold must be taken into account, if you're ironing you have to be aware of this kind of stuff, there are many women who are doing housework, who are maids, who are employed in houses who might be doing ironing, but since ironing is not a big thing right now, for example doing big loads of laundry and putting things out of the drier, you get your hands into the drier, that's very hot and then you have to carry those big loads of hot clothes into whatever you going to be folding them or whatever, at that moment this woman gets called into the kitchen and she has to cook and then she has to come back and do the dishes, you have a great recipe for disaster there, problems with the hands, problems with the joints, all that kind of stuff, usually you get that in people who are doing housework, gardeners who are doing work all day outside who then have to deal with watering, all these drastic changes, that doesn't seem like anything except that you might get, this person is asthmatic or has a propensity for asthma or has a disposition for whatever reason to develop colds and then you get this eternal chest cold or this eternal head cold, this congestion, and if you add to that, that many of them might smoke and you keep adding and piling up conditions, when they come over here is a complete disaster so it pays to know what you are doing, sometimes you might have the idea that you are in the sun, that you are in a cold shadow, or you coming in a hot bus and then you come into shadows and bingo you have it, so that's why you see many people walking the street, they get off the bus and there is a shadow and they avoid the shadow, for that same reason.

MJ: About out of film, you want to....

TAPE ENDS